

From J. M. Leaman Esq
12/8/96.



V. W. C. A.

DIET DISPENSARY.

(Recommended by the Medical Faculty.)

SEVENTH ANNUAL REPORT.

APRIL, 1886.

In reviewing the work of the Diet Dispensary, we find abundant cause for gratitude and encouragement. The past year has been one of prosperity and increased usefulness, pleasantly marked by the absence of the embarrassments which so often hamper those engaged in charitable enterprises. Perfect harmony in the committee, the earnestness and faithfulness of those engaged to carry out the work, and the liberal support of generous friends, have combined to distinguish the seventh, as the best year of our existence.

It is to be regretted, however, that even yet, comparatively few understand the object and scope of this work. Without taking time to give a full account of the origin and growth of the Diet Dispensary, we may say it is designed to provide the sick with suitable nourishment carefully prepared. It is principally for the poor, who can obtain any necessary article of food *free* by simply presenting an order from any physician, clergyman, or other responsible person, known to some member of the Committee, but to those who are able and willing to pay a moderate price is charged.

Under the care of our faithful manager, the work has steadily increased in efficiency. Great pains have been taken, in cases of long illness and great feebleness, to provide a variety of dishes with which to tempt the capricious appetite. Milk has been given more generally, and is greatly appreciated. Fresh eggs, cooked chicken, beef-steak, chops, light puddings and fruit have also been given occasionally to gratify the craving of one and another of the sufferers who appeal to us for aid—sometimes too late to restore strength, but often in time to gratify the requests of the dying.

For the year our orders number 3166. Of these 1893 were free, 191 half, and 1082 full price. To fill these orders we have dispensed 2287 pints of beef-tea, 201 pints chicken broth, 353 pints wine jelly, 263 pints calfs-foot jelly, 498 pints of milk, besides large quantities of meat-cakes, soup, Irish moss, blanc mange,

light puddings, fruit jellies, and syrups. Perhaps meat-cakes hardly rank as delicacies, but they were prepared at the suggestion of our friend and patron Dr. Laphorn Smith. They are used mostly in families where the bread-winner is laid aside, leaving helpless ones to suffer, and have saved not a few from hunger bordering on starvation. They are always gratefully received and meet a want long felt in our work.

During the unhappy period of the epidemic, though we had no immediate connection with the afflicted, we were able to supply several of the churches with their weekly donations to St. Saviour's Hospital, and received much gratifying testimony to the excellence of the articles furnished.

Last autumn we were happily enabled to carry out a project which seemed a most natural and desirable out-come of the Dispensary work, namely, the addition of a visiting nurse to our staff.

To secure a person, trained, and competent to do such work, necessarily involved a large increase in expenses, but the first expression of our wish brought forth such a generous response that all doubts were set at rest ; a suitable person was engaged, and on Dec. 1st our long cherished hope became an accomplished fact. We were fortunate in securing a nurse who possesses in addition to a good training, hearty sympathy with suffering, and conscientious devotion to duty. Looking over her winter's work the wonder strikes us that we were ever able to get along without such an assistant. Since Dec. 1st she has made 392 visits, averaging 23 each week, in many cases attending to the wants of neglected children of suffering mothers as well as carefully ministering to the sick, accompanying those, willing to go, to the hospital, soliciting the aid of doctors for the poor, and often staying all night with the invalid. From the many touching accounts of destitute cases relieved through her agency, one or two may be given. A poor woman dying with consumption, without change of clothing or bedding, and no one to send for supplies of nourishment, was made comfortable, and tenderly cared for till released from suffering by death. Her gratitude was most sincere and fervent.

Another woman with an infant and three other children, too young to care for themselves or her—her husband in gaol—and almost nothing in the house, was visited. When our nurse appeared with her basket of supplies, the children seized the food and devoured it like hungry animals. The poor mother and babe were made comfortable, supplied with clean clothing and suitable nourishment, until her returning strength shall enable her to dispense with our assistance.

To aid in this work a few friends supplied us with a little store of under-clothing, infant's clothing, and bedding, which has been invaluable in adding to our nurse's usefulness. It was originally intended to keep sheets, blankets and other articles of bedding to lend, but owing to the prevalence of small-pox it was not thought wise to take anything back during the past winter. In future, however, when there is no risk of contagion, such supplies will be only lent in cases of sickness.

Before closing we would offer a word of grateful acknowledgement to the editors of the daily papers for gratuitous notices of our work ; to the trustees of the American Presbyterian Church for the continued use of their rooms rent free, and to every one of the many friends who have so ably and generously assisted us during the past year.

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M. C. GOULD, TREASURER—IN ACCOUNT WITH DIET DISPENSARY.

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1885, April 1st.	1886, March 31st.
To Balance.... \$ 230 80	By Butcher's bill \$ 287 55
1886, March 31st.	“ Grocer's “ 85 61
To Donations to date.. 549 95	“ Gas and Fuel 48 33
“ Sales to date. 289 87	“ Wages..... 289 00
“ Interest on Bank Deposit. 3 35	“ Milk..... 23 48
	“ Ice 4 50
	“ Potatoes and Fruit 5 40
	“ Book and Stationery..... 4 25
	“ Incidental Expenses..... 26 44
	\$ 774 56
	By Balance on hand..... 299 41
<u>\$1,073 97</u>	<u>\$1,073 97</u>



COMMITTEE.

MISS DEWITT, *Convener*,
949 Dorchester Street.

MISS GOULD, *Treasurer*.
MRS. E. N. HENEY,
“ A. D. NELSON,
“ H. BIRKS,
MISS F. H. WHITE,

MISS MACPHERSON, *Secretary*.
MISS E. MACPHIE,
“ C. N. MACFARLAN,
“ A. STEWART,
“ M. C. AMES,

MRS. J. A. PILLOW.

Collected by G. H. Kemp, Esq. :-

Mrs. John McDougall	\$10 00
Mrs. O. S. Wood	10 00
O. S. Wood	10 00
Geo. Kemp	5 00
Mrs. R. H. Holland	5 00
J. S. McLachlin	5 00
C. R. Hosmer	5 00
D. T. Irish	5 00
A. Ramsay	5 00
W. V. Lawrence	5 00
H. S. Mussen	5 00
Belding, Paul & Co.	5 00
Ames, Holden & Co.	5 00
Jam+s Linton & Co.	5 00
H. A. Nelson & Sons	5 00
John Murphy & Co.	5 00
Mrs. G. W. Weaver	5 00
D. Rea, Jr	5 00
R. C. Jamieson & Co.	5 00
W. S. Paterson	5 00
J. Stirling	4 00
Lyman, Sons & Co.	4 00
S. Carsley	2 00
Walter Paul	2 00
A. Holland	2 00
William Reed	2 00
W. H. Warren	2 00
G. W. Reed	2 00
Geo. S. Brush	2 00
Geo. F. Phelps	2 00
G. Armstrong	2 00
J. B. Sutherland	2 00
James Baylis	2 00
H. R. Ives & Co	2 00
A Friend	2 00
C. F. & Co.	2 00
J. A. B.	2 00
L. H. Picard	2 00
H. Brisette	2 00
Mrs. T. C. Brainerd	2 00
Mrs. Dr. Murray	1 00
John Bonner	1 00
Total	\$161 00

Proceeds of a Pink Fair held by	
Miss Ethel Strathy, Miss	
M. F. Angus, Miss Nellie	
Ewan, Miss Edith Reford,	
Miss M. S. Gillespie, and	
Miss I. C. McLennan	\$35 95
American Presbyterian Church	
Benevolent Fund	30 50
Union Society, Mrs. Lays' Sem-	
inary	16 00
Mrs. Dow	10 00
Mrs. B. Dawson	10 00
Miss Orkney	10 00
Miss Benny	10 00

St. Paul's Church "Ladies Aid	
Society"	\$10 00
Miss Lyman	5 00
F. Wolferstan Thomas	5 00
"Young Ladies' Christian Work-	
ers Society."	5 00
Mrs. H. Birks	5 00
Mrs. M. E. W. Lapineau (Monte	
Bello.)	5 00
Mrs. M. A. Bigelow	5 00
Mrs. W. McFarlan	5 00
Mrs. C. Phillips	5 00
Mrs. W. H. McDunnough	5 00
Mrs. J. M. Browning, (Lon-	
gueuil)	5 00
Mrs. L. H. Holton	5 00
Mrs. J. A. McM.	5 00
Mrs. Geo. W. Moss	5 00
Mrs. E. H. Heney	5 00
E. H. Heney	5 00
Miss Greene	5 00
Sympathy	5 00
"Montreal Women's Missionary	
Society"	5 00
Mrs. Edward Holton	4 00
Mendlesohn Choir	2 50
"Mikado"	2 50
Mrs. N. B. Corse	2 00
Mrs. S. H. May	2 00
Mrs. James Haldane	2 00
Mrs. T. D. Bigelow	2 00
F. H. W.	2 00
Mrs. Brush	1 00
Misses Carmichael	1 00
Two Friends	1 00
Mrs. E. K. Greene	1 00

\$406 45

Nurse Fund.

Misses Dow	\$40 00
Cash	25 00
Miss Benny	10 00
Mrs. N. B. Corse	10 00
Mrs. William McLennan	10 00
W. W. Robertson	10 00
Emmanuel Church Sun-	
day-School	10 00
Miss Caverhill	5 00
Mrs. J. B. Learmont	5 00
Mrs. J. A. Pillow	5 00
Mrs. B. Dawson	5 00
Mrs. Clarence Lyman	2 00
Francis McLennan	2 00
H. Wilson	2 00
Miss McLennan	1 25
Miss Stewart	1 25

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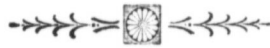
It has been particularly gratifying to the Committee to note the sympathy and interest of some of the young people of our city, and mention should be made of the young ladies who sent us the proceeds of a "Pink Fair"; the Union Society, of Mrs. Lay's Seminary, and the children of Emmanuel Church who sent their toys and picture-books to cheer the sick rooms of some poor little ones who hardly know what toys are for.

Could they have seen the happiness their offering gave, could they have known that the sick children would literally have danced for joy, had they been able to leave their wretched beds, they would have been amply repaid for any self-denial the gift cost them.

Special thanks are also due to our good friend Mr. Kemp, for his efforts on behalf of our treasury. Owing to his kindness we have now a large balance on hand, but it must be borne in mind that the Summer months are at hand, when expenses are many and donations few, and all we have will be needed to carry us through that season free of debt.

Should we be permitted to carry on our work through another year, let us hope that by greater faithfulness to our trust, we may merit the confidence and support of the public, and see greater good as the result of our efforts.

E. DEWITT,
for the Secretary.



DONATIONS TO THE DIET DISPENSARY.

Mrs. Williams, 6 packages gelatine, 3 dozen lemons; Mrs. William McLennan, gooseberries and crab-apples; Mrs. Clinton DeWitt, 1 bushel crab-apples; Mrs. Brennan, Dishes; Mrs. Brush, preserve jars; Mrs. B. Davis, matting, 1 dozen lemons; Mrs. Labatt, 15 lbs. sugar; Mrs. M. H. Seymour, 1 pair sheets, pillow-slips, nightdress; Mrs. J. A. Pillow, flannel nightdress; Mrs. G. H. Kemp, ½ dozen pillow-slips; Mrs. T. D. Bigelow, stockings and socks; Mrs. R. D. McPherson, 1 pair blankets; Mrs. Atwood Porter, rubber cloth, child's socks; Mrs. J. F. Stevenson, 1 pair sheets, pillow-slips, nightdresses; Mrs. L. H. Holton, air-bed, underclothing; Mrs. John Macintosh, 1 nightdress, 1 nightshirt; Mrs. John McDougall, underclothing; Mrs. E. K. Greene, underclothing; Mrs. John Watson, 3 dozen lemons; Mrs. Dow, underclothing from "Industrial Rooms Bazaar"; Mrs. J. C. McArthur, underclothing purchased at the "Industrial Rooms"; "Mikado," 2 pairs fowls; J. Fraser Torrance, Esq., 1 packing case, with infusorial earth; Robt. Benny, Esq., 1 "Excelsior Meat Chopper"; Flower Mission, ½ dozen bouquets; "Young Ladies' Society," Emmanuel Church, 2 comforters, infants' clothes, underclothing, toys and picture books, oranges, apples, 2 quarts milk; Editors of *Star* and *Witness*, free advertisements through the year.